

# FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page  
<http://www-nehc.med.navy.mil/hp/index.htm>

## Friday FACTS

Subscribe to this publication  
by visiting our web site.  
Click on "Friday Facts"

31 August 2001

"Leadership, Partnership, and Championship"



### National 5 A Day Week September 9-15

This year's campaign is "5 A Day: Yes You Can!" The key message is to remind Americans that they can overcome common barriers to meeting the 5 A Day goal. Too little time? Too little money? Too busy to cook? Not tuned in to healthy eating? Can't seem to get 5 A Day? The 5 A

Day program says, Yes You Can! With daily plans, quick tips and easy, delicious recipes, even those who say they just don't like fruits and vegetables will find themselves feasting on them. Please see the 5 A Day Community Action Kit and Media Materials at <http://www.5aday.gov/5adayweek2001.html> to get ideas on how to promote the 5 A Day



### Substance Abuse Websites

Alcoholics Anonymous: <http://www.alcoholics-anonymous.org/>

Dare America: <http://www.dare.com>

Parents Resource Institute for Drug Education: <http://www.prideusa.org>

Join Together: <http://www.jointogether.org>

National Institute of Drug Abuse: <http://www.nida.nih.gov>

National Institute on Alcohol Abuse and Alcoholism: <http://niaaa.nih.gov>

National Clearinghouse for Alcohol and Drug Information: <http://www.health.org>

White House Office of National Drug Control Policy:

<http://whitehousedrugpolicy.gov/>

Substance Abuse and Mental Health Services Administration:

<http://www.samhsa.gov>

Drug Abuse.Com: <http://www.drugabuse.com>

### SG Mental Health Report on Culture, Race and Ethnicity

Dr. David Satcher, U.S. Surgeon General, released a supplement to the first ever 1999 Mental Health Report! The supplement focuses upon high need groups and populations that are often over represented and underserved in their mental health needs. To see the report visit the SG site at <http://www.surgeongeneral.gov/library/mentalhealth/crc/default.asp>

*"In matters of style, swim with the current; in matters of principle, stand like a rock."*

*- Thomas Jefferson*

### REMINDER.....

### VA/DoD Tobacco Use and Cessation Clinical Practice Guideline Broadcast

Sign up for the free Tobacco CPG Training! It is geared for primary care clinical staff, dental, and tobacco specialists! CME's are available. The Broadcast is scheduled for 19 September 1300-1530 EST. To register go to:

<http://www.swankhealth.com>